

UNIVERSITI TEKNOLOGI MARA

**PERSONALIZED MEAL PLAN WITH EXERCISE FOR HEALTHY
LIFESTYLE**

FARIHA AMILA BT FAKHRUL ANWAR

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DECLARATION

I certify that this report and the research to which it refers are the product of my own work and that any ideas or quotation from the work of other people, published or otherwise are fully acknowledged in accordance with the standard referring practices of the discipline.

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FARIHA AMILA BT FAKHRUL ANWAR

2017668986

ABSTRACT

Taking healthy meal and do physical activity is essential for those who is on diet and to avoid health problems. Nowadays, there are many new technologies have been developed to monitor health condition and maintain their diet. Currently, most of health mobile application do not have ability to suggest proper meal and proper exercise based on their personality. So, the purpose of this research is to develop a mobile application for personalized meal plan with exercise for healthy lifestyle (MeCise) to individual and eventually help to prevent people from chronic diseases and losing weight. The objective of this research is to identify the requirement and development technique for developing a mobile application that has the ability to suggest proper meal and proper exercise based on individual personalities. Besides, the requirement is used to develop a mobile application with personalized meal plan with exercise for healthy lifestyle, and to investigate the usability of the MeCise by using expert review and user experience test. The study is focused on Malaysian community starting from 20 to 50 years old. Agile model is be utilized as the methodology in the study. Agile model consists of six phases including requirements, planning, design, develop, release and track with monitor.

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